

Healthy Heart Yoga



Heart Healthy Yoga strengthens your body while relaxing you physically and mentally, allowing you to better manage your stress reactions.

Tuesdays

Granby Municipal
401 Monticello Ave
4th Floor, Room 420
12:00pm - 1:00pm

Thursdays

Workforce Dev Center
201 E. Little Creek Rd
Room 202 & 204
5:00pm - 6:00pm

Fridays

Human Services
741 Monticello Ave
Room 106
12:00pm - 1:00pm

Please register with Norfolk Employee Prevention & Wellness

Wellness.registration@norfolk.gov

You **MUST** be registered and have completed the [PAR-Q](#) to participate in this exercise class.

The PAR-Q can be viewed by clicking the link or by visiting

http://www.norfolk.gov/employee_wellness



Healthy Heart Yoga is for people to maintain cardiovascular health and is intended for people who are capable of moderate physical activity



Healthy Heart Chair Yoga is intended for people who need stretching and strengthening exercises, yet have difficulty getting up and down from the floor



The Guided Meditation CD provides music and words in a unique combination for stress management. The CD invites you to experience a 20 minute retreat from everyday stressors. Call 1-800-SENTARA to request your CD.

Norfolk Employee
Wellness

